

Teriyaki Chicken with Cabbage Salad

Makes: 4 Servings

“I first made this recipe when I was very little,” says Simone. “My mom and I would always make this dish together, but because my mom is a vegetarian we would make teriyaki tofu instead of teriyaki chicken. A favorite story about this dish is my mom helping me learn the dish at a young age, and saying it was ok if I made mistakes—just try again.”

Ingredients

For the Teriyaki Chicken:

- 1/4 cup** low-sodium soy sauce
- 1** garlic clove, peeled and minced
- 2 tablespoons** brown sugar
- 1 teaspoon** honey
- 1/2 teaspoon** ground ginger
- 2** skinless, boneless chicken breasts, thinly sliced
- 1 tablespoon** olive oil

For the Cabbage Salad:

- 1/2** head green cabbage, shredded
- 1** peeled and shredded carrot
- 3** celery stalks, chopped
- 4** green onions (scallions), chopped
- 2 tablespoons** low-sodium soy sauce
- 2 tablespoons** rice vinegar
- 1 tablespoon** sesame oil
- 2 tablespoons** sesame seeds

Directions

1. **To make the Teriyaki Chicken:** In a large bowl, mix together the soy sauce, garlic, brown sugar, honey, ginger,

Nutrition Information

Nutrients	Amount
Calories	211
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	42 mg
Sodium	726 mg
Total Carbohydrate	16 g
Dietary Fiber	3 g
Total Sugars	10 g
Added Sugars included	6 g
Protein	16 g
Vitamin D	N/A
Calcium	138 mg

and 1 cup cold water. Place the chicken slices into a large plastic bag with a seal, add the marinade, and seal the bag. Set in the refrigerator and marinate for at least 1 hour.

2. **To make the Cabbage Slaw:** In a large bowl, thoroughly combine the cabbage, carrots, celery, and green onions. In a small bowl, whisk together the soy sauce, rice vinegar, and sesame oil. Drizzle over the slaw and toss thoroughly.
3. **In a large sauté pan,** heat the olive oil over medium-high heat. Add the chicken and sauté for about 8 minutes, or until cooked through. Serve with the slaw and sprinkle sesame seeds on top.

The 2015 Healthy Lunchtime Challenge Cookbook